

## **Student Sheet for Lesson 5: *The Myths about Boundaries***

Name one important thing you discovered about each of the myths. One of the definitions of a myth is: *a fiction that looks like a truth.*

**Myth 1:**

**Myth 2:**

**Myth 3:**

**Myth 4:**

**Myth 5:**

**Myth 6:**

**Myth 7:**

**Myth 8:**

## **Scripture Study**

- Read Matthew 19:16-22. What is Jesus modeling about boundaries?
- Read John 2:13-17. What boundaries did Jesus have? What can you learn from this passage about your boundaries?
- Read Ephesians 4:2-7. List all the ideas in these verses that you can apply to your own boundaries.

## **Optional Assignment**

- Make a list of your experiences during the week and see if you encounter one (or more) of the myths. Record how you respond.
- When you set new boundaries, how do you feel? How do others respond to the new boundaries?
- Choose one of the myths to focus on. List all the ways you presently respond to this myth. List the possible steps you can take to respond more positively in the future.

## **Additional Reading**

*Read Chapter 6: Boundary Myths*

## ***The Myths about Boundaries***

Session 5 – Dr. Cloud

### **DVD Main Ideas**

Eight common myths that a boundary-setting person may encounter are identified and refuted. Review these myths:

- When I say no or set a limit “I’m being selfish.” (There is a difference between being *selfish* and being *self-centered*).
- “I’m being disobedient if I say no.” (We are accountable to *God*, not *people*).
- “If I set limits, I’m going to lose love or be hurt.” (Fear of being abandoned, yet living without boundaries, usually means we aren’t really *connected* to others).
- “If I set boundaries, I will hurt others.” (Boundaries are defensive tools, they protect us – our *intention* is important).
- “Boundaries mean I’m angry.” (Actually, boundaries help us to be less angry).
- “When others set boundaries, it injures me.” (Relationships consist of a *balance* of togetherness and separateness, in that order).
- Setting a boundary makes me feel guilty or bad. “But they’ve done so much for me.” (Love is a free gift *without* a price tag or I.O.U).
- “Boundaries are permanent.” (Boundaries are always open to *change* by the boundary setter).

**Scripture References**

Myth 1	Myth 2	Myth 3
Philippians 2:3-4	Luke 6:26	John 15:5
Leviticus 19:18	John 10:11-16	Ecclesiastes 4:10
2 Corinthians 10:5		Genesis 2:18
		Luke 6:26
		Hebrews 5:14
Myth 4	Myth 5	Myth 6
Romans 5:20-21	Proverbs 13:24	Proverbs 31
Romans 6:1		
Myth 7		
1 John 4:18		

**Discussion Questions**

**Myth 1**

- Do you agree or disagree with Dr. Cloud’s definitions of ‘selfish’ and ‘self-centered’?
- Was the idea of “stewardship” as it relates to boundaries a new concept for you?
- Does the example of the “good Samaritan” help you better understand boundaries?

**Myth 2**

- In what ways is it difficult to be discerning when dealing with this myth?
- When in your life have you not drawn good boundaries because of this myth? What happened?

- How can you keep from becoming a 'victim' of this myth?

### **Myth 3**

- Have you ever been hurt by someone because of the boundaries you put into place? What happened?
- How can you develop better boundaries in the midst of being hurt by someone who doesn't want to live with your boundaries?
- Why is it so difficult to face the fact that you aren't really 'connected' to someone who can't accept your no?
- What is the most difficult aspect of this myth for you to deal with?

### **Myth 4**

- What did you learn earlier about hurt vs. harm?
- If you try to rescue someone out of their discomfort, you may actually be harming them. In what ways have you done this?
- How does this myth affect you personally?
- What positive reactions have you had in response to your boundary setting? What negative reactions have you encountered? How are you beginning to see these responses differently (than you may have before engaging in this course)?

### **Myth 5**

- Are there times when you have set boundaries because you were angry?
- In what ways do good boundaries help us be more loving?

## **Myth 6**

- If someone says no to you, do you accept their no or are you okay with their setting a limit? How do you usually respond to others' boundaries (honestly)? Is this appropriate, or do you need to begin to change your attitudes and behaviors?
- Which idea challenged you most in this section?
- In your most important relationships, how do you maintain a balance of togetherness and separateness?

## **Myth 7**

- What is your response to Dr. Cloud's idea that "when you respond to love in guilty compliance, you are not being loving"?
- Why is this myth so dangerous?
- In which situations or relationship do you need to change your attitude in regards to this myth?

## **Myth 8**

- Do you fear that if you say no, you will cause someone to leave you forever?
- Do you feel free to set a limit or change your mind? In what ways have you changed boundaries in given situations or relationships?
- Why is it important to remember that you are responsible for your boundaries?

## **General Questions**

What was one good thing you heard today?

- Which myth is most real for you?
- What is one fear you have as you set boundaries?
- In what area of your life do you most need to set healthy boundaries?